



BELLA

Character: Balancing Bella

Adventure 3: Off to the Supermarket

Lesson Focus/ Learning Objective

To be able to perform basic gymnastics core shapes.

Keywords: Core shapes, wide, tuck, straight.

Link to ELG: Can stand momentarily on one foot when shown. (30- 50 months)

Length of Session: 45 minutes

Resources Needed: Beanbags, non-slip gym sequencing spots, gymnastics apparatus.

Success Criteria

- To be able to perform gymnastics core shapes with body tension and control.

In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking us on that adventure... Bella. See if the children can remember what Bella's super powers (Fantastic Balancing, Crazy Rolling, Super Jumping, Awesome Agility, Crafty Creativity). Tell the children that today we are going to be focussing on fantastic balancing. Describe the learning objective and the success criteria. Describe the adventure setting as the children are getting changed. Show them the basic core shapes of wide, straight and tuck and allow them to practice the core shapes whilst waiting for the rest to change.

In The Hall – Warm-Up

Activity: Bella is off to the Supermarket and she has three special items on her shopping list. They are important items, so she has a game she wants to play to help you remember them.

The children are to 'travel' to the Supermarket using the different ways of travelling they have learnt in previous lessons using good control and body tension. Whilst they are travelling to the Supermarket they have to learn the list of items they must get. Item 1: A long tall straight sausage (demonstrate and get children to stand in a tall straight shape, with a straight back, head up pointing their fingers and toes). Item 2: A juicy round apple (demonstrate and get children to crouch in a round tuck shape with their head tucked in and their body tightly curled). Item 3: A big huge slice of bread (demonstrate and get children to stand in a stretched wide shape with their arms and legs out wider, their back straight and tummy tucked in). When performing each shape ask the children to try and hold the shape for 5 seconds. Continue to get the children to travel around and test their memory of the shopping list by calling out each item number; 1, 2 then 3 at different points. **Praise them for remembering the shapes and also for correctly demonstrating them with control and body tension.**



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Main Adventure

Activity 1: Right we're finally at the Supermarket. Let's grab a trolley and collect the three items Bella needs for her lunch.

In the hall set up non-slip spots around the room with beanbags in 3 different piles at different points in the room. Children find themselves a trolley each (a non-slip spot). To be able to complete Bella's supermarket mission the children must travel to the 3 piles of beanbags, one at a time to collect the items of food on the list (1. Sausage, 2. Apple 3. Bread). Once they have arrived at the pile them must pick up a beanbag and perform the correct shape balance that goes with the item, whilst balancing the beanbag on their head for 5 seconds. If they successfully do this, then they can travel back with the beanbag and place it in their shopping trolley. Whilst children are taking part in this activity point out those who are being successful and the pointers for why this is.... **(Child's name) is showing me a really clear shape. They have lovely body tension. Can you tell me what they are doing that makes the shape so clear (straight back, head up, pointing their fingers and toes, extending out, keeping very still)?** The mission is complete when all the children have the 3 items (represented by beanbags) in their trolley. To extend the game the children could collect more than one of each item.

Activity 2: Bella is very happy that you helped her collect all the items she needed for lunch and she'd like to now show you how she got the name Balancing Bella – see if you can copy her.

The children now have one more challenge to complete before we leave the Supermarket and go home. If the children are positioned in a space in the hall and they are going to learn how to balance on one foot. If you demonstrate from the front. Get them to focus on a point in front of them. Also ask the children to alternate between both feet. See how long the children can do this for? Finally, go through the shopping list of items they have got earlier and repeat the shapes that go with each item. **Ask the children to stand up tall, take their time and focus on something ahead of them – which will help them to balance for longer.**

Making The Tasks Easier

- Just try one or 2 of the shapes from star, straight and tuck.
- Use a TA to support less able pupils.
- Allow them to hold onto the wall or another sturdy item whilst trying to balance on one leg.

Making The Tasks Harder

- Challenge children to think of variations on the shape.
- Can they perform balances on alternate feet.

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan